






## School Breakfast Meal Pattern, School Year 2013-14 (3-Day)

### REQUIRED ITEMS

		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<b><i>*Must select one serving (item) from <u>each</u> of the three components:</i></b>						
<b>1 item of Fluid milk</b> Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<b>1 item of Fruits/Juice/Vegetables</b> Juice must be 100% full-strength. No limitations on frequency of juice offerings. No vegetable subgroup restrictions.		½ cup daily	½ cup daily	½ cup daily	½ cup daily	½ cup daily
<b>1 item of Grains/Breads</b> Daily and weekly minimums must be met. Flexibility for grain maximums. Half of grains offered must be whole grain-rich.		1 oz/eq (daily)  4-6 oz/eq (weekly)	1 oz/eq (daily)  5-6 oz/eq (weekly)	1 oz/eq (daily)  5-6 oz/eq (weekly)	1 oz/eq (daily)  5.5-6 oz/eq (weekly)	1 oz/eq (daily)  5.5-6 oz/eq (weekly)
Calories Weekly Average		350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average		700-1000	800-1100	800-1000	900-1200	900-1000
Saturated Fat (% of total calories) Weekly average		≤ 10				
Trans Fat Daily		0g/serving				

### Additional Grain Items

<b><i>If offering <u>more than</u> the required minimum 1 grain/bread item, MAY select 1 or more of the following GRAIN items:</i></b>	
<b>1 item of Grains/Breads</b> 	1 oz/eq grain/bread= 1 oz/eq grain
<b>1 item of Grain Alternate</b> (Meat/Meat Alternate) 	1 oz/eq M/MA= 1 oz/eq grain alternate=1 oz/eq grain

